



## Mango Salsa

By Rebecca Katz

Mango salsa has a nice balance between sweet and sour. It's the perfect accompaniment for fish and chicken.

1 1/2 - 2 cups

**Prep Time:** 15 minutes

**Cook Time:** None

**Storage:** Refrigerate for up to 4 days.

**Type of Dish:** Sauce and Condiments

### Ingredients

- 2 mangoes, diced
- 3 tablespoons finely diced red bell peppers
- 3 tablespoons finely chopped cilantro
- 1 jalapeño, stemmed, seeded, and minced
- 1/4 cup fresh lime juice
- salt & freshly ground black pepper

### Instructions

In a medium bowl, mix all ingredients together. Taste and add seasonings if necessary.

### Tips

Inner Cook Note: Salsa tastes best if it has a chance to stand for 15 minutes or more. This allows all the flavors to intermingle with each other.

Variations: Swap out the mango for pineapple or papaya, and some chopped up Jicama will add extra crunch.

Think head: Make the salsa the day before.